

EARLY CHILDHOOD SERVICES BUREAU



Montana Child and Adult Care Food Program

Summer 2013

The mission of the Early Childhood Services Bureau is to improve the quality, affordability and accessibility of child care in Montana, with focused efforts on coordinated systems to best meet the needs of young children, their families, and the professionals who work on behalf of young children and families.

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Exciting Training Opportunities Coming Your Way Soon!

We are pleased to announce that Evelyn McGregor, Director of the Equal Opportunity Program, USDA Food and Nutrition Service Mountain Plains Region in Denver has accepted our invitation to speak in Helena.

Her presentation is on the topic of civil rights in USDA Child Nutrition Programs and in particular the Child and Adult Care Food Program.

Evelyn will speak on Wednesday, September 11, 2013 from 10:00 AM – Noon

at The Myrna Loy Center Auditorium, 15 N. Ewing in Helena. Two training credit hours through the Early Childhood Project will be available for those who attend by signing in at the Myrna Loy. This training will also satisfy the mandatory CACFP yearly Civil Rights Training for FY14.

Evelyn is a dynamic speaker with many stories to tell and years of experience in civil rights. We look forward to her visit and welcome her to Helena.

The FY'14 CACFP Director's Training is taking on a new venue! CACFP Director's Training will be forthcoming online.

All directors, cooks, administrative assistants, etc. will be able to take advantage of this free training AND receive training hours recognized by the Early Childhood Project. Topics of this training will include: the new CACFP meal pattern, civil rights training, CACFP staff training and recognizing the components of a CACFP review. More information regarding the launch of the online training will be available at a later date.

"The dining experience ought to be a part of the educational program (for children)." Bob Moje, president of VDMO Architects

Welcome Debbie Hansen, Program Specialist!

Hi, my name is Debbie Hansen. I have been married to my soul mate, Tim, for 29 wonderful years. We have one son, Heath. I have a Bachelor of Science in Education (Special Education (P-12)/ Elementary Education and also a Masters of Education in Curriculum and Instruction. I have been in the early childhood profession for 26 years. I joined the Child and Adult Care Food Program as a Program Specialist in May 2013. Even though I am new to the Program Specialist position, the Child and Adult Care Food Program is not new to me. I have been a Director of child care facilities that have participated in the program for many years. I am very excited for the opportunity to visit your child care centers in the future. I look forward to not only providing you support with your food program as a Program Specialist but also support from a previous director's perspective. I'm anxious to build new relationships and rekindle old ones. Please give me a call (406) 444-9467 or email me at deborahansen@mt.gov.

From Diane's Desk



*We worry about
what a child will
become tomorrow,
yet we forget that
he is someone
today.*

Stacia Tanscher

It's finally summertime! Along with enjoying some outdoor fun, this is a great time of year to try out some different fresh fruits. July is recognized as National Blueberry Month, and what a great opportunity to incorporate blueberries (and other fresh and in-season fruits) into menus.

Blueberries are commonly referred to as a "superfood", one with substantial health benefits. They are very high in fiber and Vitamin C. Blueberries are a native North American fruit and are produced in over half of the states in the U.S. They are harvested from mid-April through early October, though harvest reaches its peak in the month of July.

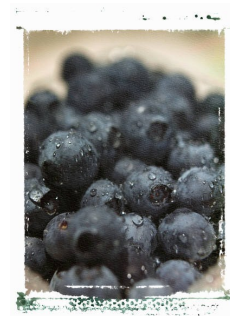
Though they can certainly be enjoyed on their own, blueberries are also a versatile fruit that can be incorporated into many types of menu items. Try using blueberries in a whole-grain muffin recipe for breakfast, or layer them with yogurt for a delicious fruit parfait at snack time. Spread peanut butter on a whole wheat tortilla, cover with fresh berries and then wrap it up for a tasty berry burrito. The options are endless. Here is just one blueberry recipe that you can find on the CACFP website, listed in the "Easy Recipes" file under the Resources tab.

~Diane Edgar, Administrative Assistant

Whole Wheat Blueberry Pancakes

Ingredients :

- 1 1/4 cups whole wheat flour
- 2 tsp baking powder
- 1 egg
- 1 cup milk, plus more if necessary
- 1/2 tsp salt
- 1 Tbsp brown sugar
- 1/2 cup blueberries



Directions:

Sift together flour and baking powder, set aside. Beat together the egg, milk, salt and brown sugar in a bowl. Stir in flour until just moistened, add blueberries, and stir to incorporate. Preheat frying pan over medium heat, and oil the surface. Pour approximately 1/4 cup of the batter into the pan for each pancake. Brown on both sides and serve hot.

Welcome new centers!

- Bibs to Books, Billings
- Firefly Children's Center, Kalispell
- Giggles and Scribbles, Belgrade

CACFP Meal Count Totals January—March 2013

532,425	Breakfasts
622,833	Lunches
70,656	Suppers
733,605	Snacks
1,959,519	Total Meals and Snacks Served!

At-Risk Afterschool Programs and Summer Vacation

During the school year, At-Risk Afterschool Programs are in full swing. But what happens to these programs once school is out for the summer?

Federal guidelines dictate that these programs are only to submit claims during the school year. In areas where school does not operate year-round, programs may continue to operate but they may not continue to submit claims to the CACFP for reimbursement under their At-Risk Afterschool Program ID number. At this point, programs may submit claims using their Outside School Hours Program ID number. This program requires all children to have an Income Eligibility Form on file and for the program to count the number of

children designated as free, reduced and paid who were served meals. When school resumes in the fall, Afterschool Programs may resume using their At-Risk Afterschool Program ID number.



The CACFP encourages programs to continue to operate and not cease operations as the summer months are often the

hardest for children suffering from hunger. During the school year, hungry children have access to school meals but when summer vacation arrives those meals are no longer available.

Unfortunately, unlike school, hunger never takes a vacation. If meals are available through summer programs and through the Summer Food Service Program for those children who are not enrolled in a summer program, perhaps hunger can be alleviated during the difficult summer months.

The CACFP wants to help make the transition from one program to the other as easy as possible. Please let us know how we can help.

~Noele Bryson, Program Specialist

Cook's Training: *We Learned From You!*

Peter Rabbit Muffins, banana bread cookies, waffle omelets and Susan's baked French toast are just a few things we learned from you at the FY13 CACFP Cook's Training. After 18 trainings in 15 Montana cities, including all seven Indian Reservations, we hope you learned something from us too.

Our focus this year was on snack meals. We consider all meals including snack meals to be an "event." Not a buffet or a random handing out of packaged string cheese and crackers, but an "event" that is planned, prepared, served and eaten seated. Adults may also attend. Some things to remember as you prepare your summer snack meal menus:

- Children may be hungriest on Mondays and Fridays. Plan for heartier snacks on those days.



- A wide variety of fruits and vegetables are available in the summer – try something new!
- With the hot weather, summer is a good time to add refreshing milk to your snack menu. Milk counts as a food component.
- Vary the food components in your snack meals.

It is always interesting for us to observe how cooks

begin with the same recipe, but add their own personal touch to create a distinctive dish. The Ban-nock bread, carrot soup and black bean dip recipes were prime examples of expressed individuality. Making pasties and roasting beets were opportunities for some cooks to step outside their comfort zone.

FY12 and FY13

Cook's Trainings were funded by a USDA Child Care Wellness grant, which is now completed. Thank you to all who participated in the trainings this year!

~Vicki Anfinson, Program Specialist

Access FY13 Cook's Training recipes on our website: www.bestbeginnings.mt.gov
Scroll down to '2013 Cook's Training Recipe Booklet.'

Summer Food Safety Tips

Summer is the time for barbecues and picnics. The biggest party crasher at summer picnics and buffets is food borne bacteria. You can't see them, you can't taste them – but you can sure feel them if illness occurs hours or days later.

Each year, about one in every ten Americans has an illness caused by food. Most of these cases result in simple stomachaches or diarrhea. If you prepare and store foods properly, you will never have these uninvited guests at your summer festivities! It is up to you select, store, prepare, and then serve safe foods for you and your family.

The most important steps to keep those uninvited guests aware are very easy to do:

Food Safety

IF IN DOUBT, THROW IT OUT! If you have any question in your mind about the freshness or safety of eating a food product, throw it out. It is better to be safe than sorry!

Picnic Safety Tips

Picnics can take on many forms, such as friends and neighbors, tailgate parties, ball games, or community picnics. One sure thing at every picnic is – LOTS OF GOOD FOOD! The important point is to have safe and healthy food, not food that can cause food borne illness. Always prepare and store food properly.

Check the forecast. You know to refrigerate perishable foods within two hours. But did you know that time frame drops to one hour when the temperature is above 90°? Serve, eat, and get foods back in the cooler.

Come clean. If your picnic spot doesn't have clean running water, bring some with you. Bring wipes or sanitizing gel for surfaces and hands. Wash hands before food prep and after handling raw meats.

Keep your cool. Use an insulated cooler with ice, ice packs or partially frozen items to keep food at 40° or cooler.

Pack smart. Keep separate coolers for food and beverages. Chances are people will be in and out of the beverage cooler, which lets cold air escape. To keep food as cold as possible, keep that cooler closed until you are ready to cook. Pack meat in plastic and put it on the bottom of the cooler to prevent it from leaking on other foods. Pack two platters – one for raw meat and one for cooked meat.

What are you packing in your picnic cooler? What are you grilling? Are you doing it safely?

~ENJOY YOUR SUMMER . . . SAFELY

~Debbie Hansen, Program Specialist

I Saw Hunger

Since I am not out in the trenches like you, I do not have as many opportunities to see hunger. However, the other day, I saw it rear its ugly head. The little boy in front of me was obviously suffering from something, but I wasn't sure what. He was unable to concentrate, kept interrupting and was unable to sit still. He kept complaining that his stomach hurt and finally said "I just want to take my tummy out and put it right here," as he pointed to the seat beside him. Then it dawned on me, the little boy was hungry. Thankfully this child does not struggle with hunger on a daily basis, and as I later learned, his hunger that morning was simply the result of rushing out the door without breakfast. However, 1 in 5 Montana children struggle with hunger on a regular basis and it's not because they rushed out the door without breakfast. You have the power to help alleviate hunger in your corner of the world, what will **YOU** do?

~Noele Bryson, Program Specialist



Hunger Doesn't Take a Summer Vacation

According to the No Kid Hungry Center for Best Practices, 43% of families who rely on free or reduced price meals during the school year do not have enough food during the summer.

Here in Montana, 1 out of every 5 kids is living in a family who struggles to consistently put food on the table. The Summer Food Service Program is working to eliminate this detrimental problem for that 20.9% of kids who represent our future. The Summer Meal Program is operated by the Office of

Public Instruction and funded by the USDA. There are 172 summer meal sites throughout Montana. These meals are FREE to all children 18 and

USDA regulations prevent institutions participating in the CACFP from submitting a claim to CACFP for meals or snacks by the Summer Food Service Program. Please make sure not to claim for meals and snacks eaten at the Summer Meals site.

under and no paperwork is required. The meals served follow USDA nutrition guidelines, and many sites offer games and activities! Children have

fun playing and socializing in safe environments such as parks, churches, schools and community centers while enjoying a free meal and/or snack.

As a childcare center, daycare home, or afterschool program, take the children in your care to the summer food site closest to you, and spread the word about this great program to parents. To learn more or find out which sites are nearest to you:

- Text "Lunch" to 877-877
- Go to: <http://mfbn.org/summerfoodmt>
- Call 1-800-809-4752

~Ella Goodwyn, Youth Ambassador
Montana No Kid Hungry

Cooking Matters at the Store

Today, many people think that eating healthy is not affordable and that fruits and vegetables are too expensive to eat every day. Families need to learn to use their food budgets wisely to ensure that they have enough food to carry them through the month. Even on a limited budget, healthy eating can be affordable if people have the knowledge to make informed choices. Healthy eating is important because it can reduce the risk of developing diseases and other conditions, such as nutrient deficiencies, hypertension, atherosclerosis, diabetes, and obesity. The consequences of poor health include draining public healthcare resources, absences from school, and other economic repercussions. Through Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP), nutrition educators across Montana have been teaching nutrition to SNAP participants and other interested individuals, including adults and children. More recently, these nutrition educators as well as a few WIC agencies across Montana have implemented or started implementing the *Cooking Matters at the Store* program offered by Share Our Strength.

Cooking Matters at the Store offers free guided gro-

cery store tours that teach families how to purchase the most nutritious foods without breaking their food budget. The grocery store tours are fun and interactive. In 60 to 90 minutes, participants learn to compare unit prices and food labels, identify whole grain foods and purchase fruits and vegetables on a tight budget. Research shows that low-income families that regularly plan meals, write grocery lists, and budget for food make healthy meals more often (5+ times a week) than those who don't. The goal is to help families buy healthy and affordable food by providing them the skills and knowledge they need to become self-sustainable while stretching their food dollars. Megan's story is a wonderful example about the im-



portance of *Cooking Matters*. She emphasizes that eating healthy should be a right that everyone should have. Megan teaches low-income families about nutrition and culinary arts in order to provide them the skills they need to become self-sustainable. Megan's story can be viewed through the following link:

<http://www.youtube.com/watch?v=03GYS9af9c4> (Length 2:40)

~Saray Amundson, Youth Ambassador
Montana No Kid Hungry



CACFP Cook's Trainings March-April 2013



Upcoming Events:

- ♦ July 2013: FY'14 Reimbursement Rates Available
- ♦ August 7, 2013: Conference call for center directors new to the CACFP, 10:00
- ♦ September 11, 2013: Evelyn McGregor, Civil Rights Training, Myrna Loy Center in Helena
- ♦ September 23-24, 2013: End Childhood Hunger Summit, MSU, Bozeman

The USDA is an equal opportunity provider and employer.
To file a complaint of discrimination, write:

United States Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, S.W.
Washington, DC 20250-9410

Or call:
Toll Free (866) 632-9992
Federal Relay Service (800) 877-8339
Spanish (800) 845-6136



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